

AUTUMN MENU



CARGILFIELD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Char Siu Pork Stir Fry Vegetable Noodles	Carrot & Sweet Potato with bread & Croutons	Moroccan Lamb Moroccan Cauliflower Spinach Stew Vegetable Tagine	Minestrone Soup with bread & Croutons	Fish in Batter Gluten Free Fish in batter Fish Finger
Noodles Rice Noodles	Beef Lasagne Vegetable Lasagne Garlic Bread Tomato Sauce	Cous Cous New Potatoes	Chicken Katsu Curry Vegetable Dal	Chipped Potatoes Garden Peas Mushy Peas
Broccoli Oven Roasted Vegetables Carrot Cucumber	Pasta gluten Free Pasta	Baked Jacket Potato with Baked Beans	Rice	Baked Jacket Potato with Baked Beans/Grated Cheese
Baked Jacket Potato with Baked Bean	Green Beans Oven Roasted Vegetables Carrot Cucumber	Selection of Sandwiches selection of fillings Selection of Salads	Carrot Cucumber	Carrot Cucumber
Selection of sandwiches selection of fillings Selection of Salads	Selection of sandwiches selection of fillings Selection of Salads	Fresh Fruit Marshmallow Chocolate Crispy Cake	Selection of Sandwiches selection of fillings Selection of Salads	Selection of Sandwiches selection of fillings Selection of Salads
Fresh Fruit Chocolate Brownie	Fresh Fruit Orange Basbousa		Fresh Fruit Strawberry Jelly	Fresh Fruit Choc Ices

A selection of salads , Sandwiched , Wrap & Baguettes will be available each day.



AUTUMN MENU



CARGILFIELD

MONDAY

Turkey Schnitzel
Chicken less Schnitzel
(v)
Ratatouille

Baked Jacket Potatoes
with a selection of
fillings

Herby Potatoes

Corn on the Cob

Carrot
Cucumber
Selection of Sandwiches
selection of fillings
Selection of Salads

Fresh Fruit
Shortbread Biscuits

TUESDAY

Mushroom Soup with
bread & Croutons

Chilli Con Carni

Vegetable & Bean Chilli

Nachos, Salsa,
Guacamole, Sour Cream

Rice
Garden Peas
Autumn Roasted
Vegetables

Carrot
Cucumber
Selection of sandwiches
a selection of fillings
Selection of Salads

Fresh Fruit
Strawberry Mousse Pot

WEDNESDAY

Chicken & Ham Pie

Potato & Leek Filo Pie

Mashed Potatoes

Broccoli
Autumn Roasted
Vegetables

Carrot
Cucumber

Baked Jacket Potato
with Baked Beans

Selection of Sandwiches
a selection of fillings
Selection of Salads

Fresh Fruit
Sticky Toffee Pudding
Custard Sauce

THURSDAY

Lentil Soup with bread
& croutons

Pasta Day

3 cheese Ravioli
Tomato Pasta
Pepperoni Pasta

Pasta
Garlic Bread
Sweetcorn
Roasted Vegetables
Carrot
Cucumber

Selection of sandwiches
a selection of fillings
Selection of Salads

Fresh Fruit
Flapjack

FRIDAY

Fish in Batter
Gluten Free Fish
Fish Finger

Chipped Potatoes
Garden Peas
Mushy Peas

Baked Jacket Potato
with Baked Beans

Carrot
Cucumber

Selection of
Sandwiches a selection
of fillings
Selection of Salads

Fresh Fruit
Choc Ices

A selection of salads , Sandwiched , Wrap & Baguettes will be available each day.



Lunch Week 2

AUTUMN MENU



CARGILFIELD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet Chilli Chicken	Vegetable Broth Soup with bread & croutons	Pork Meatballs with Tomato Sauce Gluten Free Meatballs	Tomato Soup with bread & croutons	Fish in Batter Gluten Free Fish Fish Finger
Vegetable Stir Fry Prawn Crackers Noodles	BBQ Pulled Turkey Wrap, Flatbread	Vegetable Quiche Frittata	Beef Chausserie Mushroom Stroganoff Rice	Chipped Potatoes Garden Peas Mushy Peas
Sweetcorn Autumn Roasted Vegetables	Vegetable & Bean Wraps, Flatbread	Spaghetti Selection of Vegetables Garden Peas	Mashed Potato	Baked Jacket Potato with Baked Beans
Carrot Cucumber	Potato Wedges Green Beans Oven Roasted Vegetables Carrot Cucumber	Carrot Cucumber	Broccoli Autumn Roasted Vegetables	Carrot Cucumber
Baked Jacket Potato with Baked Beans		Baked Jacket Potato with Baked Beans	Carrot Cucumber	Selection of Sandwiches with a selection of fillings Selection of Salads
Selection of sandwiches a selection of fillings Selection of Salads	Selection of sandwiches with a selection of fillings Selection of Salads	Selection of Sandwiches with a selection of fillings Selection of Salads	Selection of Sandwiches with a selection of fillings Selection of Salads	Fresh Fruit Choc Ices
Fresh Fruit Homemade Cookies	Fresh Fruit Banana Cake	Fresh Fruit Baked Rice Pudding	Fresh Fruit Fruit Cheesecake	

A selection of salads , Sandwicheid , Wrap & Baguettes will be available each day.



Lunch Week 3

AUTUMN MENU



CARGILFIELD

MONDAY

Fruit Juice
Porridge

Grilled Bacon
Scrambled Egg
Mushrooms

Sliced Bread
Butter
Selection of Jam
Marmalade

Croissants

Cornflakes
Coco Pops
Rice Kipsies

Strawberry Yoghurt
Fresh Fruit
Mixed Fruit

TUESDAY

Fruit Juice
Porridge
Grilled Sausage
Poached Egg
Grilled Tomato

Sliced Bread
Butter
Selection of Jam
Marmalade

American Pancakes

Cornflakes
Coco Pops
Rice Kipsies

Strawberry Yoghurt
Fresh Fruit
Mixed Fruit

WEDNESDAY

Fruit Juice
Porridge
Grilled Bacon
Boiled Egg
Potato Scones

Sliced Bread
Butter
Selection of Jam
Marmalade

Croissants

Cornflakes
Coco Pops
Rice Kipsies

Strawberry Yoghurt
Fresh Fruit
Mixed Fruit

THURSDAY

Fruit Juice
Porridge
Eggy Bread
Grilled Sausage
Baked Beans

Sliced Bread
Butter
Selection of Jam
Marmalade

Chocolate Croissants

Cornflakes
Coco Pops
Rice Kipsies

Strawberry Yoghurt
Fresh Fruit
Mixed Fruit

FRIDAY

Fruit Juice
Porridge
Grilled Bacon
Poached Egg
Hash Browns

Sliced Bread
Butter
Selection of Jam
Marmalade

Sweet Waffles & Syrup

Cornflakes
Coco Pops
Rice Kipsies

Strawberry Yoghurt
Fresh Fruit
Mixed Fruit

AUTUMN MENU



CARGILFIELD

MONDAY

Mexican Night

Beef Chilli
Nachos

Vegetable & Bean Chilli

Sour Cream, Salsa,
Guacamole

Rice

Broccoli

Selection of sandwiches
with a selection of
fillings

Selection of Salads

Fresh Fruit
Chocolate Mousse

TUESDAY

Sweet Chilli Chicken
Panini

Potato & Leek Frittata

Herby Potatoes
Green Beans

Selection of sandwiches
with a selection of
fillings
Selection of Salads

Strawberry Cheesecake

WEDNESDAY

Roast Gammon
Yorkshire Pudding

Vegetable Quiche
Macaroni Cheese

Roasted New Potatoes
Garden Peas

Selection of sandwiches
with a selection of
fillings
Selection of Salads

Oat Cookies

THURSDAY

Spicy Beef Burrito
(wrap)

Sweet Potato &
Vegetable Risotto

Tiger Fries

Corn on the Cob

Selection of sandwiches
with a selection of
fillings
Selection of Salads

Rocky Roads

FRIDAY



AUTUMN MENU



CARGILFIELD

MONDAY

Curry Night

Thai Beef Curry

Vegetable Curry

Pompoms, Mango
Chutney

Rice

Roasted Vegetables

Selection of sandwiches
with a selection of
fillings

Selection of Salads

Fresh Fruit
Strawberry Mousse

TUESDAY

Chicken Goujons wraps
With a sweet Chilli
sauce

Mushroom Stroganoff
Cous Cous

Herby Potatoes
Roasted Vegetables

Sweetcorn

Selection of sandwiches
with a selection of
fillings

Selection of Salads

Fresh Fruit
Lemon Drizzle Cake

WEDNESDAY

Baked Potato Bar

Selection of fillings

Tuna, Cheese, Beef
Chilli, Baked Beans

Garlic Courgettes

Selection of sandwiches
with a selection of
fillings

Selection of Salads

Fresh Fruit
Chocolate Biscuits

THURSDAY

Sausage Roll

Vegetarian Sausage Roll
Frittata

Sauté Potatoes

Baked Beans

Selection of sandwiches
with a selection of
fillings

Selection of Salads

Fresh Fruit
Shortbread

FRIDAY



AUTUMN MENU



CARGILFIELD

MONDAY

Pork Steak with a
creamy mushroom sauce
Sauce

Roasted Cauliflower with
a cheese sauce

Mashed Potato

Carrots

Selection of sandwiches
with a selection of
fillings

Selection of Salads

Fresh Fruit

Jam Doughnuts

TUESDAY

Beef Enchilada

Mushroom Gnocchi

Rice

Ratatouille

Selection of sandwiches
with a selection of
fillings

Selection of Salads

Fresh Fruit

Eton Mess

WEDNESDAY

Chicken Chow Mien

Vegetable Spring Roll
with sweet chilli sauce
Vegetable Samosas

Noodles

Sweetcorn

Selection of sandwiches
with a selection of
fillings

Selection of Salads

Fresh Fruit

Chocolate profiteroles

THURSDAY

Pasta Night

Cheese Sauce
Tomato Sauce
Carbonara Sauce
Garlic Bread

Pasta

Gluten Free Pasta

Broccoli

Selection of sandwiches
with a selection of
fillings

Selection of Salads

Fresh Fruit

Orange Flapjacks

FRIDAY



AUTUMN MENU



CARGILFIELD

MONDAY

BLT Sandwich
Ham Sandwich
Cheese Sandwich
Cheese & Ham Sandwich

Mixed Salad
Chicken Salad
Egg Salad

TUESDAY

Chicken & Bacon
Sandwich
Ham Sandwich
Cheese Sandwich
Cheese & Ham
Sandwich

Mixed Salad
Tuna Salad
Mixed Bean & Cous
Cous Salad

WEDNESDAY

Tuna Mayonnaise
Sandwich
Ham Sandwich
Cheese Sandwich
Cheese & Ham
Sandwich

Mixed Salad
Chicken Mayonnaise
Salad
Pasta & Sundried
Tomato Salad

THURSDAY

BLT Sandwich
Ham Sandwich
Cheese Sandwich
Cheese & Ham
Sandwich

Mixed Salad
Ham Salad
Chick Pea & Sultana
Salad

FRIDAY

Egg Mayonnaise
Sandwich
Ham Sandwich
Cheese Sandwich
Cheese & Ham
Sandwich

Mixed Salad
Quiche Salad
Mozzarella Salad

